

Ingredients

Quantity:	Measure:	Ingredients:	Description:
2	Nos	Coconuts - fresh.	extract the juice
Half	Seer	Rice, Raw	For soaking and grinding
0.5	Seer	Rice, Boiled (ukda chawal)	For soaking and grinding
2	Grammes	Yeast - dry	Mix
3	Teaspoon	Sugar	Mix
1	Teacup	Cooking Oil	For frying

Method

Grind the coconut and extract the juice of the coconuts. Soak the rice in the coconut juice, the rice the previous night. Grind the rice and make a thin batter. Add some yeast to ferment it. Add sugar. - keep till the ferment takes effect.

Fry in a deep pan. Cover when frying. Gently sway the pan round, so that a lace is formed on the edges. It leaves the middle puffed up. When cooked, remove with a ladle, and store on a round wicker basket, lined with a kitchen towel.

Coconut Milk:

In olden days, they used to have a special tool to scrape the coconut, called "Kane". It had jagged teeth, and the inner kernel of the coconut used to be scraped against it. This would give fine coconut flakes. Now a days, they have portable scrapers, or even mixer attachments which serve the purpose.

Once you get the flakes, they used to be ground of a grinding stone. In Mangalore, the stone, had two parts. The lower was a hollowed part, and the top was a stone which fitted the hole of the lower stone. One put the masala in the hole of the lower stone, and ground the upper stone in a circular motion, and shifting the masala in the hole, by bending the upper stone. This has been mechanized for hotels, and for home use, there are smaller equipments. But the same can be done in a mixer, but the grinding does not come fine.

To remove the milk, you put the ground coconut in a thin muslin cloth, and pack it into a bundle, twisting the upper part, and making a ball of the coconut flakes, and then tighten it, so as to allow the juice to flow. You have to squeeze and tighten gradually. The first lot of milk that comes out is called: Thick Milk. Then add a little water to the coconut in the muslin cloth, and again squeeze: till you have extracted all the juice, by soaking it in water once or twice. The latter liquid is called the Thin Juice.